

<p><i>SLANT Active Listening Model:</i></p> <p>S = Sit up (good posture keeps you alert)</p> <p>L = Lean forward (this shows interest to you speaker)</p> <p>A = Ask questions (do this by raising your hand, putting the questions in and to yourself)</p> <p>N = Nod your head (or else shake your head, or show your understanding or confusion in some other way)</p> <p>T = Track your speaker (keep your eye on the speaker to take in important non-verbal clues and to stay alert and interested)</p>	<p><i>SLANT Active Listening Model:</i></p> <p>S = Sit up (good posture keeps you alert)</p> <p>L = Lean forward (this shows interest to you speaker)</p> <p>A = Ask questions (do this by raising your hand, putting the questions in and to yourself)</p> <p>N = Nod your head (or else shake your head, or show your understanding or confusion in some other way)</p> <p>T = Track your speaker (keep your eye on the speaker to take in important non-verbal clues and to stay alert and interested)</p>
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